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Inside this Issue:

Operation Trident Arch Finishes Early with Mobile Hospital Offload	2
Navy Preventative Medicine Serve Displaced Residents	2
NH Camp Pendleton Supports Fire Evacuated Marines, Families	3
NMCSO Helps Evacuees at Qualcomm Stadium	4
NMCSO Cares for Fire-Affected Residents	4
Navy Medical Embedded Training Team Awarded The Army Achievement Medal	5

Items of Interest:

The common cold. Sneezing, scratchy throat, runny nose-everyone knows the first signs of a cold, probably the most common illness known. Although the common cold is usually mild, with symptoms lasting 1 to 2 weeks, it is a leading cause of doctor visits. Symptoms of the common cold usually begin 2 to 3 days after infection and often include difficulty breathing through your nose, sneezing, sore throat, cough, and headache. There is no cure for the common cold, but you can get relief from your cold symptoms by resting in bed, drinking plenty of fluids and taking acetaminophen. For more information about the common cold, visit <http://www.niaid.nih.gov/factsheets/cold.htm>.

Navy and Marine Corps Medical News

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2nd Medical Battalion Showcases Life-Saving Capabilities to the Medical Officer of the Marine Corps

By Cpl. Aaron Rooks, 2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C. - It's a scary scenario, a seven-ton truck rolling multiple times after being hit by the blast of an improvised explosive device (IED). What can be even scarier is the question of whether the Marines and Sailors involved will live to tell about it.

These questions will not be asked for long, as those involved will soon realize they have a small group of dedicated Marines and Sailors who watch over them and ensure they live to see another day -- the Marines and Sailors of 2nd Medical Battalion, 2nd Marine Logistics Group.

Capt. William Roberts, the medical officer of the Marine Corps,

watched this scenario take place in full force during a level one and level two casualty evacuation exercise performed by 2nd Medical Battalion, here, Oct. 31, in an attempt to showcase the battalion's life-saving capabilities.

"Navy medicine is critical to mission accomplishment," Roberts said. "I'm absolutely confident in the capabilities of 2nd Medical Battalion. The Marine Corps can count on them."

According to Navy Capt. Michael S. Moeller, the commanding officer of 2nd Medical Battalion, the Marines and Sailors conducted the operation to show the process that takes place from the moment a service member is injured and through

(Continued on page 3)



YOKOSUKA, Japan - Lt. Cmdr. Martha Michaelson and Hospital Corpsman Tiffany Ciampo, both assigned to U.S. Naval Hospital Yokosuka Fleet Dental Clinic, provide dental care to a Sailor Oct. 31. U.S. Navy photo by Mass Communication Specialist Seaman Kari R. Bergman

Operation Trident Arch Finishes Early with Mobile Hospital Offload

By Lt. Penny Cockerell, Navy Expeditionary Logistics Support Group Public Affairs

WILLIAMSBURG, Va. - A joint Navy-Army mission concluded ahead of schedule Nov. 2 with the offload of 384 containers of medical "MASH-style" fleet hospital units transported on Military Sealift Command dry cargo ship MV American Tern (T-AK 4729).

Known as Operation Trident Arch, this two and a half day evolution involved picking up mobile "Doc in a box" hospital units in positioned locations worldwide for a five-year cycle of updating and retrofitting.

Reserve Sailors from the Navy Expeditionary Logistics Support Group (NAVELSG) Navy Cargo Handling Battalion (NCHB) 9 worked with active-duty Sailors from NCHB-1 and Soldiers from the 149th Sea Port Operations Company at Fort Eustis in Newport News, Va.

Using cranes, the teams lifted containers onto the back of flatbed trucks at the Yorktown Naval Weapons Station Cheatham Annex pier. The containers were then driven to

the Navy Expeditionary Medical Support Command holding yard for retrofitting and updating.

"We're taking the old hospital designs, taking out what we can't use and swapping it out with the new design," said Mark Meeter, the evolution manager.

One offload included an 81-bed hospital capable of sustaining medical care for 30 days.

Once updated, these mobile hospitals will be returned to locations worldwide for rapid deployment to the next humanitarian crisis or military need.

American Tern's civilian mariners, NAVELSG and the Army teams also offloaded 89 pieces of rolling stock, which included trucks for the expeditionary medical command.

"Basically, we hand them a list and say this ship will be here on this date," Meeter said. "And they make it happen. NCHB has done an outstanding job."

NAVELSG is a component of the Navy Expeditionary Combat Command, which is a global force provider of adaptive force packages of



WILLIAMSBURG, Va. - Service members offload self-contained mobile hospitals from Military Sealift Command-contracted ship MV American Tern (T-AK 4729), in port at Yorktown Naval Weapons Station Cheatham Annex Nov. 4. *U.S. Navy photo by Lt. Penny Cockerell*

expeditionary capabilities to joint war fighting commanders. NECC serves as a single manning functional command to centrally manage the current and future readiness, resources, manning, training and equipping of the Navy Expeditionary Force.

Navy Preventative Medicine Serve Displaced Residents

By Mass Communication Specialist Seaman Michael C. Barton, Fleet Public Affairs Center, Pacific

SAN DIEGO - San Diego medical personnel, including doctors and nurses from Naval Medical Center San Diego (NMCSD), began working to prevent the spread of disease at evacuee shelters Oct. 22, to help those area residents from becoming ill that were displaced by the Southern California wildfires.

Medical teams are keeping shelters sanitary and administering FluMist to willing recipients. FluMist is an influenza vaccination inhaled by the patient.

"We're taking steps to reduce the risk of disease and the spread of bacteria," said Capt. James Lamar, officer-in-charge, Navy Environmental and Preventive Medicine Unit 5. "We have teams at all the shelters in-

specting and briefing volunteers about sanitation."

Fifteen fires have destroyed about 1,500 homes, placing people in shelters throughout Southern California.

"They are keeping everything very clean," said Christie Williams, resident of Spring Valley, Calif. "They are handing out hand sanitizer to anyone who wants it."

Southern California offers 42 shelters, accommodating approximately 500,000 evacuees and 20,000 pets and animals.

"The vaccination doesn't only treat for immediate symptoms the evacuees are feeling," said Capt. John Touler, preventive medicine department head, NMCSD. "It will help them through the rest of the flu season."

Medical personnel will continue to work at the evacuee sites as long as they remain open.



NH Camp Pendleton Supports Fire Evacuated Marines, Families

By Douglas W. Allen, Naval Hospital Camp Pendleton Public Affairs

MARINE CORPS BASE CAMP PENDLETON, Calif. — Naval Hospital Camp Pendleton (NHCP) has mobilized its staff for three days in late October to support Marines, Sailors and their families affected by two wildfires aboard the base.

Shortly after the fires broke out, base officials had to evacuate an on-base housing area and a training area. To care for the 800 displaced families and almost 4,000 evacuated Marines, three of the hospital's branch medical clinics went to 24-hour service. The hospital also expanded bed capacity to care for civilians with medical needs and not

able to go to an evacuation center.

One of the branch clinics had to relocate late Tuesday night and move to the northern end of the base along with the families from the housing area. "We changed from providing medical care to evacuees and became evacuees ourselves," said Lt. Cmdr. Troy Hamdojo, medical officer with the Naval Hospital's 52 Area Branch Medical Clinic. "The staff never missed a beat. We packed up in the middle of the night, moved, set up a temporary clinic and continued to provide medical care."

The hospital's Preventive Medicine Department has 11 staff members conducting visits at the evacuation sites every six hours,

24-hours a day to provide immediate response to any public health concerns.

"We look at overall sanitation conditions, the availability of safe drinking water, food, proper trash disposal and adequate restroom facilities," said Chief Hospital Corpsman Mikel Alford, leading chief, Preventive Medicine Department.

A few local civilians have received housing and medical care at Camp Pendleton during the crisis. While visiting one of the evacuation centers, Capt. C. Forrest Faison III, the commanding officer of Naval Hospital Camp Pendleton was thanked by an elderly lady with

(Continued on page 5)

Medical Officer continued...

(Continued from page 1)

the levels of care that follow.

"Today we demonstrated what occurs from the point of injury after an IED blast, to evacuation by ground vehicles to a shock trauma platoon with an emergency room physician, who will stabilize the patients and prepare them for evacuation to the next level of care," Moeller explained.

"The shock trauma platoon is the make or break level," said Navy Cmdr. Pamela Harvey, the group surgeon for the 2nd MLG. "What happens at this level of care will bridge the gap from the point of injury to the person reaching the next level of care. All the life and limb saving interventions to get the patient to the next level of care are performed here. Without this critical step, we would lose a lot more people. Lives are saved here."

Moeller explained that the patients will be medically evacuated by helicopter from the shock trauma platoon to the next echelon of care, known as a level two facility, where surgical capabilities are located. At this point, patients will receive lifesaving surgery as appropriate and, if necessary, be further

stabilized as they move up to level three combat surgical hospitals.

According to Navy Chief Petty Officer Shawnreno Ricks, the command fitness leader for Charlie Company, 2nd Medical Battalion, level two care starts at the landing zone. The patients will move to what is known as the triage, where it will be determined whether the patient goes to surgery, the ward or the intensive care unit.

Ricks explained that level two is an important part of echelons of care. The Marines and Sailors involved at this level do everything possible to sustain life and prevent the individuals from going to the next level.

"This was our opportunity to demonstrate for the medical officer of the Marine Corps what we do in a forward environment," Moeller said. "The staff, Marines and Sailors did a phenomenal job from start to finish. I've seen them in operation, I know what they are able to do and I've monitored their success. I have the highest confidence in the battalion."

The life-saving capabilities of 2nd Medical Battalion became clear as the exercise came to a close, thus helping the Marines and Sailors of the 2nd MLG to accomplish



MARINE CORPS BASE CAMP LEJEUNE, N.C. - Navy Capt. William Roberts, Medical officer of the Marine Corps, asks questions pertaining to the level one and level two casualty evacuation exercise performed by 2nd Medical Battalion, 2nd Marine Logistics Group, here, Oct. 31. *U.S. Marine Corps photo by Cpl. Aaron Rooks*

their missions, while knowing their safety is well in hand.

"Our Marines and Sailors are in good hands," said 1st Sgt. Paul T. Archie, the sergeant major of 2nd Medical Battalion. "Without navy medicine, we would not be able to complete our job as Marines. With Navy medical personnel working as quickly and efficiently as they do, many lives are being saved. Navy medicine, in my 18 years of experience, is getting better daily."

NMCSO Helps Evacuees at Qualcomm Stadium

By Lt. Penny Cockerell, Navy Expeditionary Logistics Support Group Public Affairs

SAN DIEGO - Doctors from Naval Medical Center San Diego (NMCSO) provided medical care at Qualcomm Stadium Oct. 25 for evacuees affected by the Southern California wildfires.

NMCSO coordinated with civilian doctors to provide 24-hour support at the medical center inside the stadium.

"Being an evacuee myself, I realize how important it is for people to be there and help out when you are threatened with the thought of losing your home," said Lt. Cmdr. Alex Winter, NMCSO internal medicine. "Knowing there are people out there willing to help you, made me want to volunteer and help out to return the favor."

Many of the doctors are filling critical needs of the

medical center, such as internal medicine and pediatrics.

"I have a lot of experience treating patients specifically in the everyday types of illnesses that are of concern here at Qualcomm, such as flu, colds and fever," said Capt. Timothy Bemiller, NMCSO internal medicine. "This integration of the Navy with their civilian counterparts is important, because it provides a seamless continuity of care. Being part of the community means taking care of the community."

Throughout the week, volunteers and relief workers at Qualcomm Stadium have been providing medical care, shelter, food and other care as needed to more than 10,000 families.

"We are here to support our community," said Cmdr. Gregory Kuntz, NMCSO pediatrics. "It's nice to be able to help out in any small way I can."

NMCSO Cares for Fire-Affected Residents

By Mass Communication Specialist
2nd Class Greg Mitchell, Naval Medical Center San Diego Public Affairs

SAN DIEGO - Naval Medical Center San Diego (NMCSO) is reaching out and assisting residents hit with wildfires, Oct. 21, that burned more than 240,000 acres in San Diego County resulting in 513,000 displaced residents.

Eleven major fires developed due to Santa Ana conditions of high winds and low humidity. An emergency operations center was established Oct. 22 at NMCSO to coordinate medical efforts for military personnel, family members and ultimately civilians from other hospitals evacuated in the area.

Over the past two days, NMCSO has accepted 38 civilian patients, transferred due to civilian hospital closures and evacuations. Overnight, NMCSO responded to county medical operation requests to care for 28 nursing home patients from

Villa Rancho Bernardo. These residents were initially evacuated to Del Mar which was secondarily evacuated when that zone was overcome by smoke.

NMCSO converted a minimally equipped ward into a fully operational and staffed unit within three hours of notification. Naval Hospital Twenty-nine Palms provided 16 staff members to supplement the care of nursing home patients.

Additionally, NMCSO has accepted 10 patients from Pomerado Hospital in Escondido and is currently providing housing for 33 staff and families at the hospital. Among these, Personnel Specialist 1st Class (SW/AW) William Clincy and his wife were directed to evacuate their home and spent the night at the hospital.

"The service here has been outstanding," said Clincy. "There is plenty of space, the food was great and we were supplied with a large screen TV set that gave us the op-

portunity to keep up with the latest conditions surrounding our home. I had the feeling of being a part of a family and everyone was in this together."

"People came here for help and we simply provided for them," said Senior Chief Hospital Corpsman (FMF/NAC) Trevor Dallas-Orr, special projects officer for the command master chief, who oversaw the temporary evacuation site.

Other examples of NMCSO contributing to the community include: primary care and preventive medicine services at seven locations for an estimated 2,601 displaced personnel, replenished medical supplies for dozens of people who evacuated their homes without necessary medications, 89 people supported on board NMCSO, donation of 12 wheelchairs to Qualcomm Stadium Shelter and 11 Wounded Warriors volunteered to hand out hot lunches.



INDIAN OCEAN - Members of a U.S. Navy rescue and assistance team provide humanitarian and medical assistance to the crew of the Taiwanese-flagged fishing trawler Ching Fong Hwa. The vessel had been seized by pirates off the coast of Somalia in early May 2007 and was released Nov. 5 with U.S. Navy assistance. *U.S. Navy photo*

Navy Medical Embedded Training Team Awarded The Army Achievement Medal

By Cmdr. Mary David, Commander, 2nd Battalion, 34th Armor, Afghanistan

AFGHANISTAN—On August 31, members of the Navy Medical Embedded Training Team Class 27 who are deployed to Afghanistan received the Army Achievement Medal from the Commander, 2nd Battalion, 34th Armor. LT. Rodrick Davis, LT. Pamela Klepac-Tulensru, Hospital Corpsman 1st Class (FMF) Edward Scheinert, Hospital Corpsman 2nd Class (FMF) Michael McCarthy and Personnel Specialist 3rd Class Eugene Reynolds were awarded the Army Achievement Medal, for their exceptional performance while training at Fort Riley, Kansas in preparation for deployment as an advisor in support of Operation Enduring Freedom. For approximately 10 weeks these outstanding Navy Sailors trained hard to perform tactical convoy and combat battle skills. Their dedication enhanced the training and capabilities of their transition team. Transition team are elite teams that train the Host Country's Security Forces in the areas of operations, personnel, intelligence, force protection, logistics, medical and a variety of garrison support activities. They provide the critical link between the Host Nation's Security Forces and the Coalition Forces. Bravo Zulu for a job well done!



AFGHANISTAN— (Left to right) Hospital Corpsman 2nd Class (FMF) Michael McCarthy, Personnel Specialist 3rd Class Eugene Reynolds, Lt. Rodrick Davis, and Hospital Corpsman 1st Class (FMF) Edward Scheinert received the Army Achievement Medal. U.S. Navy photo by Cmdr. Mary David

Camp Pendleton continued...

(Continued from page 3)

tears running down her face for the care she had received.

"The lady was a local civilian with no military ties and no family," said Faison. "She had lost her home and all her possessions and had nowhere else to go. She had some significant medical issues but was unable to reach her physician. Our providers treated her with the

compassion and dignity as they would a member of their own family. I'm proud of them beyond words."

Many of the hospital's staff lost childcare arrangements and their family care plans failed because of the wildfires. To allow them to continue to come to work the hospital stood up a temporary daycare manned by staff volunteers, spouses and a licensed childcare provider sent to assist by Marine Corps Community Services.

NHCP has sent a mental health team to two of the evacuation centers to help individuals and families cope with the stress of personal loss and displacement.

In addition, four physicians and four nurses were sent to Naval Medical Center San Diego to support with their increased patient load due to the wildfires.



MARINE CORPS BASE CAMP PENDLETON, Calif. - Senior Chief Hospital Corpsman Mark Dykes, independent duty corpsman with Naval Hospital Camp Pendleton's area 52 Area Branch Medical Clinic, examines Private Rene Landeros' eyes at the bases' Helicopter Outlying Landing Field Oct. 25. U.S. Navy photo by Douglas Allen



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